

Iron Standards

- (8) Do not intermix wearing hot weather and temperate BDU pieces to include the BDU cap.
- (9) The BDU jacket and field jacket will have “U.S. Army” and name tapes sewn above pockets and rank insignia worn as specified in AR 670-1. Sew the 1st Armored Division patch on the left shoulder. All divisional units will wear the 1st Armored Division patch. Tenant units will wear the specified shoulder patch of their command (e.g., MEDDAC, CID).

c. Items Authorized For Wear:

- (1) Military headgear will be worn in all wheeled military and civilian vehicles unless it interferes with the safe operation of the vehicle. All occupants of wheeled tactical vehicles will wear the full field uniform when participating in field training exercises and during convoy operations going to or returning from field deployments. In garrison, operators and passengers will wear the Kevlar helmet during vehicle operations. All occupants of tracked tactical or combat military vehicles will wear the Kevlar or CVC helmet during all vehicle movement.
- (2) Military headgear will be removed when indoors except when under arms (**under arms is performing duties as an MP, personal security officer, pay guard or prisoner escort**) or while participating in official ceremonies conducted indoors.
- (3) Soldiers will not sew name tapes or cat eyes on the BDU cap. Soldiers will not roll or shape the BDU cap.

d. Wear of Civilian Jewelry.

- (1) A wristwatch, a wrist identification bracelet, including a conservative-style MIA/POW identification bracelet (only one item on wrist) and not more than two rings may be worn when in uniform. Jewelry must be conservative and in good taste. An engagement/wedding ring set is considered one ring.
- (2) A conservative tie tack or tie clasp may be worn with the black four-in-hand necktie.

Always Set the Standard

- (3) Soldiers will not attach, affix or display objects, articles, jewelry or ornamentation to or through the skin while in uniform or when wearing civilian clothing on duty or in civilian clothes off duty on any military installation or other places under military control. Exceptions are earrings for females as outlined in AR 670-1 and hearing aids. **Male soldiers are not authorized to wear earrings or any other objects in or on the ear while in uniform, when wearing civilian clothing on duty or at any time while on any military facility or kaserne/base.**
- (4) Fad devices, to include vogue medallions, personal talismans or amulets (as well as body-piercing jewelry, navel, tongue or nose piercing whether worn seen or unseen) will not be worn when in uniform, on duty in civilian attire or on a military installation while in civilian attire.

e. Tattoos.

- (1) Visible tattoos or brands on the neck, face or head are prohibited.
 - (2) Tattoos on other areas of the body that are prejudicial to good order and discipline are prohibited.
 - (3) Any type of tattoo or brand that is visible while wearing a Class A uniform and detracts from a soldierly appearance is prohibited.
- 4. **Uniform Composition:** Unit commanders will prescribe composition of the duty uniform. As long as duty uniforms are consistent with the duty or training performed and account for weather conditions. Company-sized units will maintain uniformity for all soldiers performing like duty.
 - 5. **Footwear:** Combat boots will be the issue type or similar commercial design. Soldiers will maintain boots in good shape and highly shined. Zippers or metal taps are unauthorized modifications to combat boots. Jungle boots are authorized for optional wear from 1 April to 1 October (black/green issue jungle boots are the only authorized cloth boot).
 - 6. **Camouflage Cold Weather (Gortex) Parkas:** The only items authorized for wear on the Gortex parkas are subdued rank and a combat leader identification (green) tab, and the white cold weather injury marking tape (same size as the Combat Leader Identification tab). **Soldiers will sew name tapes with ¼ inch letters to the Gortex parka, ¼ inch above the bottom of the pocket flap on the left sleeve.** Black leather gloves will be worn when the field jacket or other authorized cold weather outer garment is worn.

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7. **Gloves:** The standard black leather gloves, or their equivalent, are the only gloves authorized for outerwear. Gloves may be worn with the APFT, field, Gortex or rain jackets. Glove shells, of any color, are not authorized for outerwear. NOMEX gloves will only be worn with NOMEX uniforms.
8. **Combat Vehicle Crewman (CVC) Uniforms:**
 - a. CVC uniforms issued to tracked vehicle crewmen will be worn during combat, live-firing exercises, field training exercises or when directed by unit commanders during vehicle operations. CVC uniforms will not be worn in AAFES or commercial businesses like the PX, Burger King, bank, etc.
 - b. The CVC uniform consists of NOMEX coveralls, cold weather NOMEX jacket and summer or cold weather NOMEX gloves. Black leather combat boots are the only authorized footwear when wearing this uniform. Ballistic undergarment body armor and balaclava will be worn during live-fire training.
 - c. Patches, name tapes and rank will be sewn on IAW AR 670-1.
9. **Military Coveralls:**
 - a. Iron Soldiers performing duties in designated maintenance work areas and motorpools may wear military coveralls.
 - b. Coveralls will not be worn in lieu of the proper field uniform, but may be worn in training areas while performing maintenance on equipment.
10. **Flight Uniforms:**
 - a. Iron Soldiers on flight status will wear flight uniforms only when their primary duty for the day is flying or they are on standby status awaiting flight duty.
 - b. The flight uniform consists of the aviation BDU jacket and pants or organizational flight coverall, flight jacket and flight gloves. Black leather boots are the only authorized footwear with this uniform. Flight uniform sleeves will be worn down unless specified by the commander. When rolled, sleeves will be rolled all the way up (a $\frac{3}{4}$ roll is not authorized at anytime).
 - c. Unit patches and nameplates will be worn IAW AR 670-1 (no other patches are authorized).

Display High Personal and Professional Standards

11. Physical Fitness Uniforms (PFU):

- a. The Army gray or the new Improved Physical Fitness Uniform (IPFU) are the only authorized physical fitness uniforms. The gray uniform consists of the gray athletic T-shirt with “ARMY” printed on the chest, gray general purpose trunks, gray sweat pants, gray hooded sweat shirt with zipper and plain white socks (mid-calf length). Shoes may be any type of commercially purchased athletic shoe appropriate for the physical conditioning being trained. Black gloves may be worn with the PFU with or without inserts. The black watch cap may be worn as specified by the commander. The PFU is for PHYSICAL FITNESS TRAINING ONLY; it is not authorized for work details or for wear in AAFES or commercial businesses like the PX, Burger King, etc.
- b. Commanders may authorize the wear of commercially purchased, solid-in-color, gray or black spandex shorts (or the equivalent) to be worn under the gray shorts. The length of the spandex shorts or equivalent must end above the knee or higher. Any logos present cannot be visible.
- c. Whenever the gray sweat shirt and gray sweat pants are worn, the gray shorts and gray T-shirt will be worn under them.
- d. **The PFU shirt will always be worn tucked into the PFU shorts.** Soldiers will wear the hooded sweat shirt zipped and not open.
- e. The gray sweat pants or gray sweat shirt may be worn separately with the gray T-shirt and gray shorts as long as uniformity is maintained as directed by the commander.
- f. When exercising individually, soldiers will wear a yellow, orange or green reflective belt as per their unit designation. Unit formations require four road guards (at a minimum) with standard high-visibility road guard vests. Road guards will carry white filtered flashlights during hours of darkness. Soldiers wearing the new IPFU are not required to wear a reflective belt.

12. Iron Field Uniform:

- a. BDUs with brown T-shirt.
- b. Black leather combat boots (includes cold weather boots between 1 October to 1 April).

Lead By Example

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- c. Kevlar helmet with chinstrap properly fastened, worn on the chin at all times, and olive-drab tape (no black or bright green tape) on the loose ends of the straps on each side. The helmet will include:
 - (1) Camouflage cover with subdued sewn-on rank. **No writing or drawing is authorized on the cover.**
 - (2) Helmet band with soldier's last name only sewn or printed black ¼ inch block letters, centered on the helmet band (no other writing is authorized).
- d. **Load Bearing Equipment (LBE) will consist of the following:**
 - (1) Pistol belt.
 - (2) LBE suspenders.
 - (3) Two canteens (one with cup) with covers (worn on left and right hips).
 - (4) Two ammo pouches with six 30-round magazines for soldiers issued the M-16, and one 9mm ammo pouch with magazine worn on the left side for soldiers issued a 9mm.
 - (5) First aid pouch with first aid packet will be worn on upper left side of suspenders, right side up.
- e. The pile cap or balaclava (CIF issue green or black) are the only authorized cold weather items for wear under the Kevlar helmet. Black PT cap will not be worn under the Kevlar helmet at any time.
- f. Other items worn with the field uniform will be METT-T driven (body armor, protective mask, ear plugs, whistle, flashlight, etc).
- g. Soldiers will wear the LBE fitted to rest at waist-level with the pistol belt buckled. Pistol belt extenders are authorized when wearing body armor.
- h. Soldiers will wear the full field uniform while driving a wheeled tactical vehicle in a field environment or as part of convoy operations moving to or from field training events. Soldiers will wear the Kevlar helmet or CVC helmet when operating tracked and wheeled vehicles in all other environments not addressed above.
- i. Soldiers issued the new Load Bearing Vest (LBV) will wear all authorized and METT-T driven items in the same locations as described above.

13. Health and Physical Fitness:

- a. All Iron Soldiers are expected to maintain themselves in sound physical condition, regardless of age. All Iron Soldiers will strive to achieve maximum points on the APFT. The Iron Goal is for each company to average 250 points on the APFT with no failures. **The APFT score is a goal and cannot be used as a discriminator for promotions and schools.**
- b. The Physical Fitness Program for pregnant soldiers is designed to maintain a level of fitness without causing injury to the soldier or the fetus. Upon confirmation of pregnancy, soldiers will obtain a “Positive Pregnancy” profile from the Obstetrics Clinic. Unit commanders will enroll pregnant soldiers in a special PT program established by the unit Master Fitness Trainer and medical personnel.
- c. Physical Training Hours in 1st Armored Division.
 - (1) Units will conduct physical fitness training four times a week.
 - (2) 0630 - 0730, Monday, Tuesday, Wednesday, Friday
- d. Good health and physical conditioning include maintaining proper weight and body fat standards. Unit leaders will enforce the Army’s height, weight and body fat standards. Commanders will ensure overweight soldiers are on an effective weight control program.
- e. Unit leaders will ensure all newly assigned Iron Soldiers meet height, weight and body fat requirements as part of initial in-processing into the unit. Commanders will take appropriate action to enroll overweight soldiers in the overweight program.
- f. Smoking and other use of tobacco products is prohibited in all 1st Armored Division facilities, except in designated areas. Smoking and other use of tobacco products is prohibited in all military vehicles and military aircraft.
- g. Smoking and other use of tobacco products is permitted in troop billets. Commanders will ensure smoking preferences are considered when assigning rooms in troop billets.

14. Eyeglasses/Sunglasses:

- a. Conservative civilian prescription eyeglasses are authorized for wear with all military uniforms.

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- b. Nonprescription sunglasses are authorized for wear, except in formation.
 - c. Eyeglasses or sunglasses that are faddish are not authorized for wear with the military uniform. Faddish eyeglasses include lenses or frames with initials, other adornments, or brightly colored frames. Chrome-coated or reflective lens sunglasses will not be worn.
 - d. Eyeglasses or sunglasses with lenses that are so large as to detract from the appearance of the uniform will not be worn.
15. **Haircuts, Mustaches and Hairstyles:** Iron Soldiers are expected to abide by Army hair and fingernail standards and grooming policies. The hair on top of the head will be neatly groomed. The length and bulk of the hair will not present a ragged, unkempt, or extreme appearance or be excessive. If using dyes, tints or bleaches on hair, use colors that are natural to human hair and do not present an extreme appearance. Do not cut lines or designs into hair or scalp.
- a. A male soldier's hair, sideburns and mustache will conform to the standards contained in AR 670-1.
 - b. The hair will present a tapered appearance and when combed will not touch the ears, eyebrows or collar except for the closely cut hair at the back of the neck. Hair will not be visible on the forehead when wearing any military headgear.
 - (1) Soldiers will keep sideburns neatly trimmed. The base of the sideburns will not flare at the bottom. Sideburns will be in a clean shaven horizontal line. Sideburns will not extend below the lowest part of the exterior ear opening.
 - (2) Soldiers will keep mustaches neatly trimmed, tapered and tidy. No portion of the mustache will cover the upper lip line or extend sideways beyond a vertical line drawn upward from the corner of the mouth.
 - (3) Male soldiers will be clean shaven. If an appropriate medical authority prescribes beard growth, they will specify the length required for medical treatment on the soldier's profile. Soldiers with shaving profiles will carry a copy of the profile on their person at all times.
 - (4) Wigs or hairpieces may only be worn to cover natural baldness or physical disfiguration caused by an accident or medical procedure. When worn, they will conform to the standards as stated above.

Conduct Yourself in a Military Manner at all Times

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- c. A female soldier's hairstyle will conform to the standards in AR 670-1.
 - (1) Soldiers will keep hair neatly groomed. The length and bulk of the hair will not be excessive or present a ragged, unkempt or extreme appearance. Hair will not fall over the eyebrows or extend below the bottom edge of the collar. **Hairstyles will not interfere with the proper wearing of military headgear or protective masks.**
 - (2) Wigs or hairpiece may be worn as long as they are of natural hair color and the style and length conform to appearance standards.
 - (3) Hair holding ornaments (such as, but not limited to, barrettes, pins, clips or bands), if used, must be unadorned and plain. Soldiers will use ornaments that are transparent or similar in color to their hair. These ornaments will be inconspicuously placed. Beads or similar ornamental items are not authorized.
 - (4) Hair will not be visible on the forehead when wearing any military headgear.
- 16. **Lipstick and Nail Polish:** Female soldiers may wear lipstick and nail polish, but they must be conservative and compliment the uniform. Soldiers will not wear extreme shades such as purple, gold, blue, black or white. Charms and designs are not authorized on nails.
- 17. **Wear of Military Clothing with Civilian Attire:** Iron Soldiers may wear the all-weather coat, black pullover sweater, and windbreaker with civilian clothing after all military insignia has been removed.
- 18. **Wear of Civilian Clothing On-Post and Off-Post:**
 - a. As a representative of the United States of America and the 1st Armored Division, an Iron Soldier's outward appearance and choice of civilian attire are a most obvious and tangible display of personal attitudes and feelings about one's self, the military community, and the host nation. Iron Soldiers should strive to consciously portray self-respect and common courtesy by dressing in accordance with generally accepted rules of good taste.

Set the Standards On and Off Duty

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- b. Iron Soldiers should wear civilian attire appropriate for the occasion.
 - (1) Clothing not designed as outer garments (i.e., undershirts) will not be worn in public except while engaged in sporting events or while working close to quarters or billets areas.
 - (2) Bare feet, exposed hair curlers and revealing clothing are inappropriate for on-post and off-post facilities (i.e., commissary, restaurants, PX and clubs).
 - (3) Iron Soldiers will dress with pride and will not wear clothing with slogans or signs that are obscene, intentionally inflammatory, glamorize the use of drugs or alcohol or are demeaning to any person or group of people.
- c. Civilian employees and family members are identified with the U.S. Army and, as such, their dress also reflects on the prestige of the United States and the 1st Armored Division. Accordingly, civilian employees and family members are expected to adhere to the above provisions.

Conduct Yourself in a Military Manner at all Times

Personal Conduct

- 1. **General:** Whether on or off duty, Iron Soldiers will conduct themselves in such a manner so as not to bring discredit upon themselves, the 1st Armored Division or the U.S. Army. Undesirable conduct includes, but is not limited to, use of illegal drugs, drunk/reckless driving, drunk or disorderly conduct, offensive language or gestures and failure to satisfy financial obligations.
- 2. **Off-Post Conduct:** When visiting public establishments, Iron Soldiers must be especially courteous and conduct themselves in a manner that does not bring discredit upon themselves or the Army. Since this is an area of special importance in Europe, the best way to ensure acceptable behavior is to obey local laws, dress and behave in accordance with local customs.
 - a. Wear the proper clothes. Every establishment will expect customers to wear acceptable clothes such as a shirt, trousers, socks and shoes. Find out ahead of time what clothes are proper and dress accordingly.

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- b. Watch the noise level. Always respect the rights of others to have a quiet meal or drink. Entering an establishment yelling and screaming at friends will create resentment.
 - c. Limit group size. Many German establishments are small and their largest tables may only seat four to six people. Unless prior arrangements have been made, proprietors may resist pushing several tables together so a large group of friends can all sit together. Large groups also tend to be noisy and may disturb other customers.
 - d. Watch your language. The use of profanity is unacceptable anywhere. Profanity has become much more prevalent than what an average American or German citizen would consider normal conversation in public. Profanity has become so standard that we are, evidently, no longer aware of the impression it conveys to our host nation, as well as the offensive atmosphere it creates for fellow Americans. Iron Soldiers should be aware of their surroundings and be tactful and courteous at all times.
 - e. Watch your drinking. Over-consumption of alcohol may result in rowdy and unruly behavior. Remember you are a professional soldier and your chain of command, the Old Ironsides Division, and the American people expect you to drink and act responsibly like a professional. It is frequently accompanied by physical injury or damage to property that could result in disciplinary action.
- (4) Patrons are not allowed to bring food or alcoholic beverages into an establishment without the specific permission of the owner/manager. If permission is granted, the owner/manager is entitled to levy a surcharge for each bottle.
 - (5) Taking any property (i.e., glass, ashtray, beer mug, etc.) out of an establishment without the specific permission of the owner/manager is a crime punishable by the appropriate court.
 - (6) Patrons will not use CD players, record players, radios or music boxes without the permission of the owner/manager.
 - (7) The owner/manager will not serve patrons food or beverage after the start of the closing hour.
 - (8) The owner/manager has the right to request patrons to leave if they fail to order food or drink.